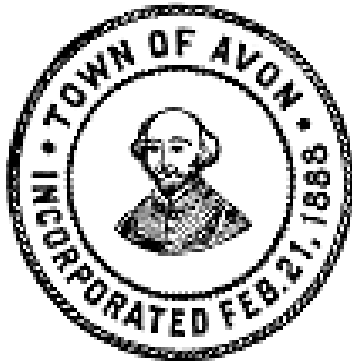


THE AVON TOWN CRIER



COUNCIL ON AGING

65 EAST MAIN STREET, AVON, MA 02322

HOURS: 8:30-4:30 MONDAY-WEDNESDAY

8:30-7:30PM THURSDAY, 8:30-1PM FRIDAY

PHONE: 508-559-0060 FAX: 508-584-9650

WEBPAGE: www.avon-ma.gov/council-aging

EMAIL: coa@avon-ma.gov

Volume 57, Issue 12

December 2022

A Message from the Director

November at the COA was filled with lots of fun activities.

The Avon High School students visited the COA to have a "senior with senior" morning where they helped write cards to servicemen to thank them for their service.

We held a program, Journey of the Pilgrims, where the presenter dressed the part and gave a history of the voyage to Plymouth. Lunch at the Tavern on voting day was a big hit! The seniors enjoyed their lunch out and the history of Blanchard's Tavern. Our Day of Beauty at Blue Hills Regional was on the 9th and the ladies really enjoyed their pampering and a delicious lunch.

At our Veterans luncheon on the 10th, we served a total of 60 veterans and seniors and had a presentation by Dale Kurtz, our Veteran's agent, recognizing Avon veterans, thanking them for their service and protecting our country. The six-week balance class, Reverse the Aging Process, started November 16th, the class is full and we are excited to see the results of this program.

The COA is currently working on a Senior Tax Work-Off Program for Avon Seniors who would like to work towards an abatement of their 2024 property tax bill. Please call Jane for more information.

I Hope everyone enjoyed a wonderful Thanksgiving with family and friends!!

Stay healthy and warm.

Jane

IMPORTANT NUMBERS:

Avon Council on Aging:

Jayne Carthas-Director: 774-480-5351

Louise Hardiman-Outreach: 774-480-5352

Cathy Emery : 774-480-5353

Avon Town Hall: 508-588-0414

Avon Fire - Non-Emergency: 508-583-5361

Avon Police - Non-Emergency: 508-583-6677

Exec. Office of Elder Affairs: 617-727-7750

Old Colony Elder Services: 508-584-1561

RUOK?: 866-900-7865

Medicare: 800-633-4227

Mass Health: 800-841-2900

Prescription Advantage: 800-243-4636

Protective Services: 800-922-2275

Social Security: 800-772-1213

Veterans Services: 508-558-0410 x:1018

December Birthdays

Lora Anderson

Laura Barkhouse

Antoinette Hauvuy

Frank Hegarty

Marie Hegarty



John MacIssac

Philip Pizzuto

John Smith

Carol Staffier

Philip Tortorella

Cheryl Wilkerson



Once again Julia and Frank Fasano will be collecting toy donations for Toys for Tots.

There will be a collection box in the Town Hall Lobby and at the Senior center from **11/21-12/9**.

COPS FOR KIDS WITH CANCER

The Avon Police dept. is participating in "No Shave November" to bring awareness and donations to this organization. You can go to the Police page on the Avon website to make a donation or go to: Copsforkidswithcancer.org



Don't miss out on Life.....
Improve your hearing today

  ♦ FREE hearing screening
♦ FREE hearing aid cleaning
♦ FREE video ear exam

AT HOME HEARING HEALTHCARE

Michael Schmit Lic # 224
Board Certified
Hearing Instrument Specialist



CALL THE COA @ 508-559-0060
TO BOOK AN APPOINTMENT
10:30-12:30am

**LOOK AT THE FUN WE'RE HAVING AT THE COUNCIL ON AGING!
Fish & Game cookout, Halloween Party, Richard Nichols (pilgrim),
Dementia Friendly Community award presented by Patty Sullivan**



DECEMBER 2022

***Activities indicated with an asterisk require advanced sign-up.**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | | | 1 10:30 Chair Yoga 12:00 LUNCH 12:45 CRAFTS <u>WATER BILLS DUE</u> | 2 9:15 Walmart or Stop & Shop 10:15 Tap class |
| 5 9:15 Market Basket 11:15 Line Dancing 12:30 CARDS | 6 9-2 COVID BOOSTER VACCINE CLINIC * 12:00 LUNCH 1:00 BINGO | 7 9:30 Roche Bros. or Target 1:00 BALANCE CLASS* | 8 10:30 Chair Yoga 12:00 LUNCH 1:00 CYCLE OF LIFE MOVIE 1:00 Grief Group | 9 9:15 Walmart or Stop & Shop 10:00 COA Board Meeting 10:15 Tap class <u>10TH- SPECIAL TOWN ELECTION</u> |
| 12 9:15 Market Basket 11:15 Line Dancing 12:30 CARDS | 13 12:00 LUNCH 1:00 BINGO | 14 9:00 Nail Care* 9:30 Roche Bros. or Target 1:00 BALANCE CLASS* | 15 10:30 Chair Yoga 10:30-11:30 Blood P. 12:00 LUNCH wear your Ugly Christmas Sweater! | 16 9:15 Walmart or Stop & Shop 10:15 Tap class |
| 19 9:15 Market Basket 11:15 Line Dancing 12:30 CARDS | 20 10:30 Coffee w/the Director 12:00 LUNCH 1:00 BINGO | 21 9:15 <u>Walmart or Stop & Shop</u> 11:30 AB Church Ecumenical Lunch 1:00 BALANCE CLASS* | 22 10:30 Chair Yoga 10:30 Hearing Clinic* 12:00 CHRISTMAS LUNCH* 1:00 Grief Group | 23 NO VAN OR CLASSES TODAY |
| 26 NO VAN OR CLASSES TODAY | 27 12:00 LUNCH 1:00 BINGO | 28 9:15 <u>Market Basket</u> 1:00 BALANCE CLASS* | 29 10:30 Chair Yoga 12:00 LUNCH | 30 9:15 Walmart or Stop & Shop 10:15 Tap class |

Cycle of Life Movie @ 1pm sponsored by the Avon Library

Join the Avon Public Library and Avon Council on Aging for a special intergenerational screening of Cycle of Memory: the new award-winning documentary about two siblings' bicycle adventure to find the memories their grandfather lost to Alzheimer's. **December 8th @ 1 P.M. at the Avon Council on Aging** About the film: Mel Schwartz escaped the Great Depression on a bicycle adventure he'd remember for the rest of his life. But when Alzheimer's takes Mel's memories away, it's left to his grandkids to recreate the life-changing bike trip and find those memories again. Guided by old photographs of the 1945 trip, they search for places aged by time. But while searching for Grandpa Mel's past, the two are confronted with their own fraught history. If they're going to complete the turbulent journey, they'll have to face their own emotional potholes and tumultuous relationship. With the help of a grandmother learning to live alone for the first time, Mel's lifelong friend and co-adventurer on the bike trip, and a family collection spanning 1950s film reels to 1990s video tapes, Cycle of Memory explores the importance of intergenerational connection, healing painful pasts, and leaving a meaningful time capsule for the future. The film is 72 minutes long and will be followed by a Q+A with the filmmaker. This program is supported in part by a grant from the Avon Cultural Council, a local agency which is supported by the Mass Cultural Council.

12/6 FREE COVID BOOSTER VACCINE CLINIC 9-2 IN MARY MCDERMOTT ROOM

NO RESERVATION NEEDED- BRING COVID CARD. COA VAN AVAILABLE FOR RIDES FROM 9-12PM, CALL TO RESERVE A RIDE BY MONDAY 12/5 @12PM

Nail Care with Maureen Connolly RN 12/14

Nail trimming is done by a certified foot care nurse at the COA and is \$30. Home visits are \$45. Call the COA to make an appointment.

Grief Support Group 12/8, 12/22 @1PM

Avon COA is hosting a Drop-in Grief Support Group facilitated by Dina Brooks, LICSW, ACHP-SW of Old Colony Hospice.

Special Town Election 12/10 in the Mary McDermott Room from 9-4

Sample ballot and more information on the Avon website. Last Day to request an absentee or early ballot by mail is December 5th at 5PM. Call Tricia Bessette in the clerks office at 508-588-0414 ex:1013 for more information. The meet the candidates night will be run on Mondays, Wednesdays, Fridays, and Saturdays at 7:00 pm until the election on our local channel 9 station. Come out to vote for your next town Selectman!

Call the COA by Thursday 12/8 for a ride to polls between 10-11am to vote

Avon Baptist Church Ecumenical Lunch Wednesday 12/21@ 11:30

The luncheons are open to any senior in Avon and surrounding communities. They start at 11:30 a.m. with an informal worship (hymns, light message, announcements of interest) and at 12 p.m. a lunch is served. A goodwill offering basket is put out to help defray the cost of the luncheons.

The COA van is available, call to reserve a ride by 12 the day before.

BINGO every Tuesday at 1pm \$1 per card per game, proceeds will be used as prize money

DECEMBER LUNCH MENU
LUNCH IS SERVED AT 12PM DONATION IS \$5.00
PLEASE PLAN TO BE SEATED BY 11:45
PLEASE NOTE THIS MENU IS SUBJECT TO CHANGE AND
APPETIZERS WILL NOT BE SERVED AFTER 12PM

Thursday 12/1

Chili w/ honey corn bread

Tuesday 12/6

Baked Cod, rice pilaf, mixed veggies

Thursday 12/8

Grilled cheese & tomato soup

Tuesday 12/13

Spinach Raviolis, green beans, garlic bread

Thursday 12/15 UGLY CHRISTMAS SWEATER DAY!

Baked chicken, mashed potatoes, veggie

Tuesday 12/20 Birthday Lunch

Pizza, Greek salad, cake & ice cream (Pizza sponsored by CAREONE- Randolph)

Thursday 12/22 Christmas Lunch—Reservations needed

Ham, mac & cheese, broccoli, smashed potatoes, Caesar salad, roll

Tuesday 12/27

Minestrone soup w/ 1/2 of an Italian sub

Thursday 12/29 New Years Lunch-Reservations needed

Pork Tenderloin, potato, veggie

INFORMATION FROM THE OUTREACH DESK

Medicare Open Enrollment Periods

Medicare's Open Enrollment ends December 7. Everyone has until December 7th to change their Medicare coverage. Only about 13% of Medicare recipients evaluate their Medicare coverage during Open Enrollment, which means that many people on Medicare are paying more than they need to for insurance premiums and copays, especially for prescriptions. Search for options on [medicare.gov](https://www.medicare.gov) or find a SHINE counselor. If you miss the deadline for Open Enrollment, a SHINE counselor may be able to find a Special Enrollment Period for you to make changes if it makes sense to do so. People with retiree, union or government insurance plans generally should not make changes in their Medicare coverage.

There is a second Open Enrollment Period for people on a Medicare Advantage plan as of January 1, 2023. The Medicare Advantage Open Enrollment Period lasts from January 1-March 31. During this time, if you're in a Medicare Advantage Plan and want to change your health plan, you can: 1) switch to a different Medicare Advantage Plan; or 2) go back to Original Medicare and join a Part D Prescription Drug Plan.

Gift Ideas for Downsizers

Here are some gift ideas for people who are in downsizing mode and trying to get rid of their "stuff":

- Gift cards to a grocery store or favorite restaurant are always welcome.
- Surprise someone with a delivery of flowers or food; be aware of any allergies.
- Pick up a book or two of Forever postage stamps.
- Bright and lightweight LED Flashlights, nightlights that come on when the power goes out, and battery operated radios--and the appropriate batteries--are practical and appreciated.
- If you are handy or know someone who is, there is always something that can be done around the home: clean gutters, tune-up the furnace, rake leaves, shovel snow, housecleaning, painting or power washing, etc.
- For a person who is in downsizing mode, the best gift of all may be spending time together. (And when you leave, take a bag of unwanted items to the transfer station or thrift store).

FREE BAT Bus and Dial-a-Ride Service in December!

Brockton Area Transit (BAT) is offering FREE bus and dial-a-ride services through the end of December! BAT's "Try Transit" initiative is supported by a state grant that was awarded to the 15 Regional Transit Authorities in Massachusetts. If you have never used BAT's services, this December is a great time to give it a try. Dial-a-ride service requires you to register with BAT. This is a simple process that just requires a quick phone call to the COA. Whether you are new to BAT or not, take advantage of the free rides until December 31st. Call the COA to register with BAT at 508-559-0060.

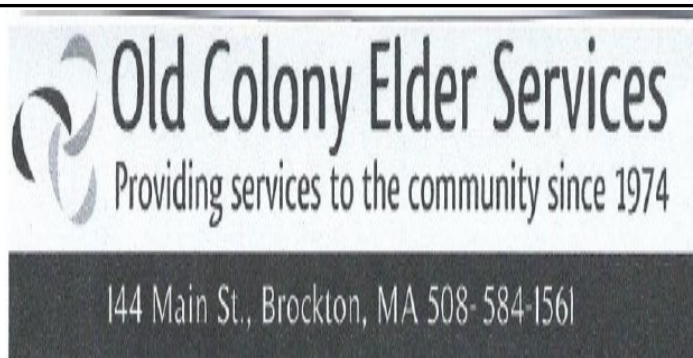
Reminder: COA Programming can be seen every Mon, Wed, and Fri at 1:00pm on channel 9. You can also view Avon cable programs on [avontv.org](https://www.avontv.org).

COA VAN SCHEDULE HOURS: 8:45 A.M. – 2:30 P.M.
NO MEDICAL APPOINTMENTS AFTER 12PM - BOOK MEDICAL APTS. ASAP
VAN RIDES MUST BE BOOKED THE DAY BEFORE YOUR RIDE BY 12pm
NO CHARGE FOR VAN 1/1-12/31/2022

| | | |
|---|-----------------------------|-----------------------|
| WESTGATE MALL & MARKET BASKET, Brockton | Monday | 9:15 pick-up |
| | | |
| Lunch at Avon COA | Tuesday | 10:30 – 11:00 pick-up |
| | | |
| ROCHE BROS, DOLLAR TREE IN EASTON KOHL'S AND TARGET IN STOUGHTON | Wednesday | 9:30 pick-up |
| | | |
| Lunch at Avon COA | Thursday | 10:30 – 11:00 pick-up |
| | | |
| WALMART, DOLLAR TREE, STOP & SHOP BROCKTON | Friday (van stops @ 1pm) | 9:15 pick-up |

Avon COA Van is available to assist Avon seniors and disabled people with transportation to local medical appointments, social, shopping, haircuts, banking, post office, voting and/or Town Hall appointments throughout the week.

BAT New Freedom Vans and other forms of transportation are always available as well, especially for times when the van is committed to the standing schedule. Call the COA for more information and assistance.



*Printing, distribution and/or production of the Avon COA newsletter and COA news flyers supported in part by the Executive Office of Elder Affairs. Director - Jane Carthas, Co-Chair - Karen Johnson, Co-Chair Nancy Puckett, Secretary - Linda Chute, Treasurer - Jean Kopke
Members - Joanne Grenham, Ed Selman, Deborah Greene*